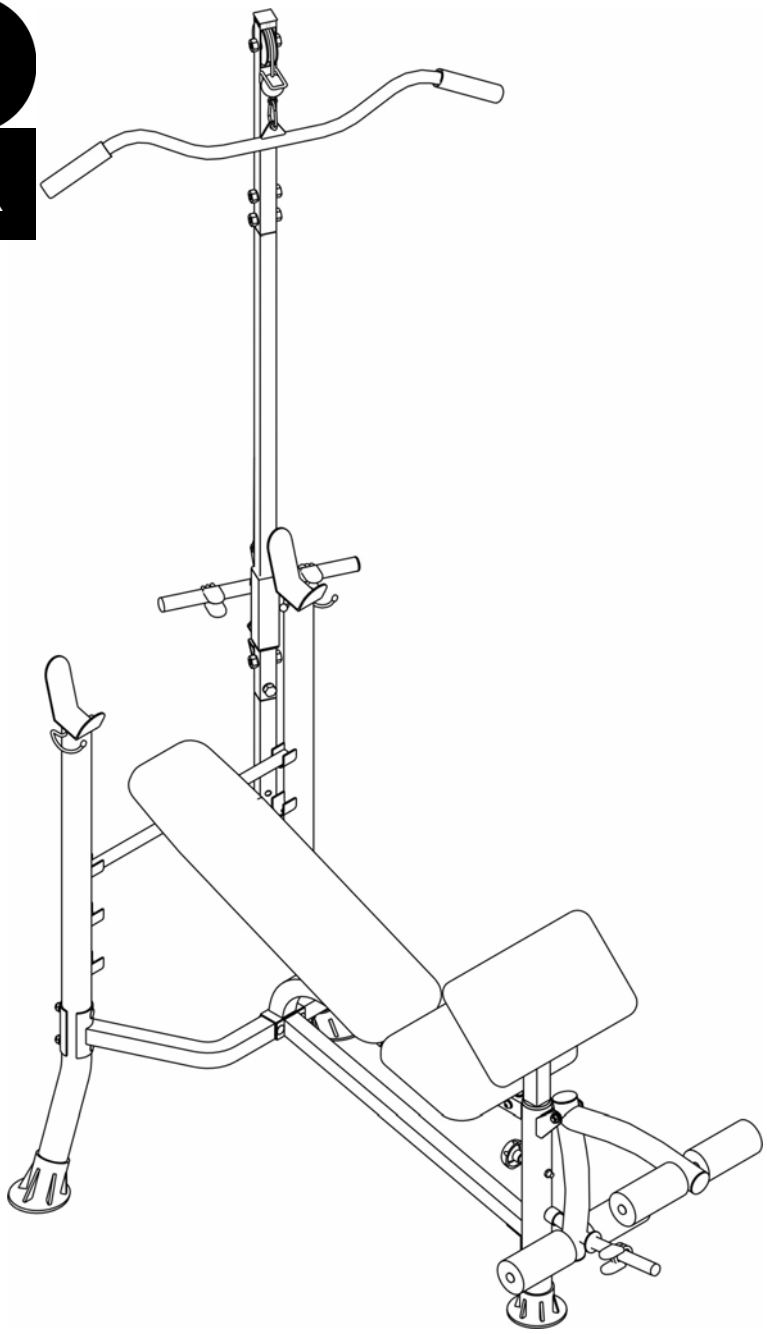
PRO POWER



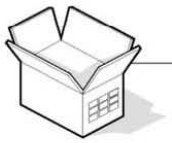
Pro Power Bench, Lat & Curl

Assembly & Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain it for future reference

TABLE OF CONTENTS

BEFORE YOU START……4
SAFETY ……...5
EXERCISE INFORMATION ……...6-12
ACCESSORY FITMENT LIST.....13
ACCESSORY PART LIST.....14
WARNING DECAL PLACEMENT ……..15
BENCH OVERVIEW & DIMENSIONS……...16
EXPLODED VIEW ……...17
PARTS LIST ……..18
ASSEMBLY……19-22
EXERCISE GUIDELINES……23-24



Before You Start

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

* *Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
* *Parents and others in charge of the children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.*
* *If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.*
* *For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
* *Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
* *Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
* *Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
* *Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

Your product is suitable for users weighing:
242lbs / 17.2 stone /110kg or less.
Each station has maximum weight limits as below;
Bench Press(Flat / Incline) up to 200kg (including user & weights)
Leg Extension 35kg
Squat Stands (where fitted)60kg (with 35kg on the Leg Extension to balance)
Lat Tower (where fitted)30kg

Maximum Training Weight

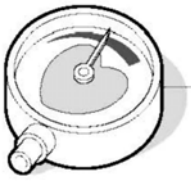
The product is designed to support a maximum user weight of 110kg, and a maximum total weight of 200kg.Do not place more than 50kg. including a barbell and weights,on the weight rests.
Do not place more than 15kg on the leg extension weight support.
Do not place more than 20kg on the lat weight holder.

External Load Weight Plate

The product is designed for regular weight plates of 25mm(or 1 inch) bore size and the maximum outer diameter less than 300mm
When adding Weight plates to the weight support of leg extension, secure weight plate with weight retainer clip.

Conformity

This product conforms to:
(BS EN 957) PARTS 1 and 2 and 4 Class (H) HOME USE Class (C).
It is NOT suitable for therapeutic purposes.



Exercising Information

Beginning

How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you MUST start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.

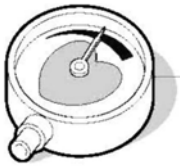
Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.

USERS AGE	UNCONDITIONED *TARGET ZONE - A*	CONDITIONED *TARGET ZONE - B*
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Exercising Information

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.

Head Roll

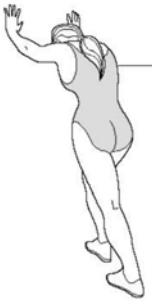
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.

Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder.
Repeat 3 - 4 times.



Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg.
Repeat 2 - 3 times.

Side Stretch

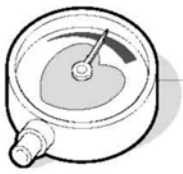
Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm.
Repeat 3 - 4 times.

Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.

Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended.
Repeat 2 - 3 times.



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2 *Warm Up 5 - 10 Minutes* *Cool Down 5 Minutes*	*Exercise 4 minutes at 'A'* *Rest 1 minute* *Exercise 2 minutes at 'A'* *Exercise slowly 1 minute*
Week 3 & 4 *Warm Up 5 - 10 Minutes* *Cool Down 5 Minutes*	*Exercise 5 minutes at 'A'* *Rest 1 minute* *Exercise 3 minutes at 'A'* *Exercise slowly 2 minutes*
Week 5 & 6 *Warm Up 5 - 10 Minutes* *Cool Down 5 Minutes*	*Exercise 6 minutes at 'A'* *Rest 1 minute* *Exercise 4 minutes at 'A'* *Exercise slowly 3 minutes*
Week 7 & 8 *Warm Up 5 - 10 Minutes* *Cool Down 5 Minutes*	*Exercise 5 minutes at 'A'* *Exercise 3 minutes at 'B'* *Exercise 2 minutes at 'A'* *Exercise slowly 1 minute* *Exercise 4 minutes at 'A'* *Exercise slowly 3 minutes*
Week 9 & beyond *Warm Up 5 - 10 Minutes* *Cool Down 5 Minutes*	*Exercise 5 minutes at 'A'* *Exercise 3 minutes at 'B'* *Exercise 2 minutes at 'A'* *Exercise slowly 1 minute* *Repeat entire cycle 2 or 3 times*

This is only a suggested programme and may not suit every individual's needs.

Exercising Information

GETTING STARTED

You will often read about terms referring to exercise that may be confusing. Below are some of the definitions that are regularly used.

Repetition - Commonly referred to as 'REPS'.

This is a complete movement from start to finish.

Set - This is a complete number of consecutive repetitions.

i.e. 1 set of 10 reps.

Speed of Motion - This is the relative speed of movement for each rep.

Fast is considered as 1 rep / second. Medium is 1 rep / 2 seconds. Slow is 1 rep / 4 seconds.

Intensity - How 'hard' the exercise feels.

Low Intensity = easy exercise. High Intensity = hard exercise.

TRAINING PROGRAMMES

You will achieve fast results, gaining a trimmer, fitter body if you follow these general rules.

* *Exercise regularly - do not skip workouts as consistency is the first key to success.*
* *Do not be afraid perspire a little. This is a sign that you are working your body hard enough to give fast results. You will find 'hard' exercise enjoyable.*
* *Set yourself realistic goals. Do not be over-ambitious. Plan your workouts to concentrate on specific body areas. Start slowly and gradually increase the intensity, reps and sets.*

BEGINNERS PROGRAMME

This is a short suggested programme which we suggest you use for no more than 3 weeks, to be ideally performed every other day, but certainly not more than 4 times during the week.

This suggested routine is specifically for beginners or those who have not exercised for a considerable time. The programme is designed to provide general improvement in muscle tone, strength, flexibility and co-ordination.

As a beginner, you should start with no more than 2 sets of 6 exercises for the following reps on each of the Gyms training stations.

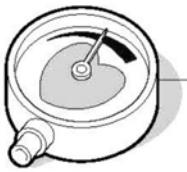
10 REPS - BENCH PRESS followed by LAT PULLDOWNS

5 REPS - PEC DEC

10 REPS - SHOULDER PRESS

10 REPS - LEG EXTENSIONS followed by LEG CURLS

** Your rest interval between each set of reps should be 1 minute.*
** You should perform 2 SETS of each exercise.*
** Your exercise pace should be SLOW to MEDIUM.*
** This exercise programme should take you approximately 20 minutes.*
** Follow this exercise programme with 5 minutes of proper cool down exercises.*



Exercising Information

INTERMEDIATE EXERCISE

This is a slightly longer programme which we suggest you use for the next 6 - 8 weeks, to be ideally performed not more than 5 times during the week.

This suggested routine is specifically for intermediate users or those that are familiar with exercise routines. The programme is designed to increase muscle definition, build strength, aid flexibility and co-ordination.

The increase in exercise intensity and speed of repetitions is key to your success at this stage.
For intermediate exercise we recommend 3 - 4 sets of 8 exercises for the following reps on each of the Gym's training stations.

15 REPS - BENCH PRESS followed by LAT PULLDOWNS

10 REPS - PEC DEC

15 REPS - SHOULDER PRESS

15 REPS - LEG CURLS

15 REPS - LEG EXTENSIONS followed by ARM CURLS

** Your rest interval between each set of reps should be 1 minute.*
** You should perform 3 - 4 SETS of each exercise.*
** Your exercise pace should be MEDIUM to FAST.*
** This exercise programme should take you approximately 35 - 40 minutes.*
** Follow this exercise programme with 5 minutes of proper cool down exercises.*

ADVANCED TRAINING

This is an open-ended programme, ideally performed not more than 4 times during the week, preferably on alternate days.

This suggested routine is specifically for advanced users or those that are familiar with exercise routines. The programme is designed to increase muscle mass and build strength.

The increase in exercise intensity, resistance levels and speed of repetitions is key to your on going success.

For advanced training we recommend 4 sets of the 9 exercises for the following reps on each of the Gym's training stations. However at this stage you may want to concentrate on specific body parts, so as you are now fully familiar with the workings of your Gym you should be able to structure an exercise programme to suit your own individual needs. Any specific advice should be sought through specialist books.

20 REPS - BENCH PRESS followed by LAT PULLDOWNS

15 REPS - PEC DEC

15 REPS - SHOULDER PRESS

15 REPS - LEG CURLS

20 REPS - LEG EXTENSIONS followed by ARM CURLS

15 REPS - LEG PRESS

10 SLOW REPS - 2 SETS - SIT UPS

** Your rest interval between each set of reps should be 1 minute.*
** You should perform 4 SETS of each exercise.*
** Your exercise pace should be MEDIUM to FAST.*
** This exercise programme should take you approximately 40 - 50 minutes.*
** Follow this exercise programme with 5 minutes of proper cool down exercises.*

Exercise Notes

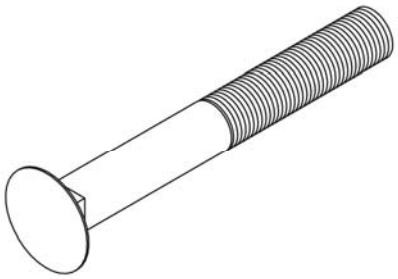
Use this space to record your own exercise routine results.

Assembly

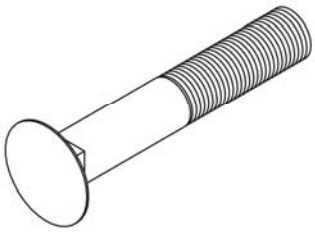
ACCESSORY FITMENT LIST

The are all the accessories you will need to complete the assembly of your product.

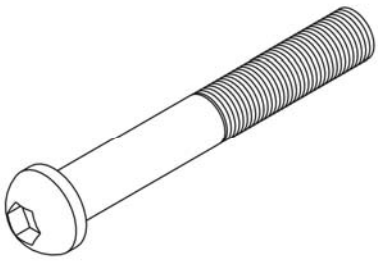
The following accessories are supplied in a pack and should be checked before attempting assembly.



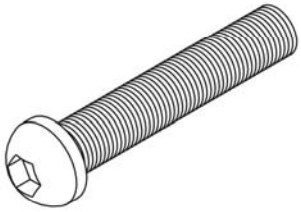
Item 18
M10 x 80mm Carriage Bolts
Qty 4



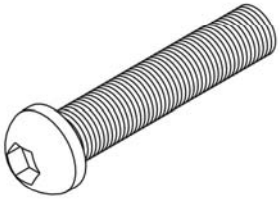
Item 19
M10 x 60mm Carriage Bolts
Qty 2



Item 20
M10 x 75mm Bolt
Qty 1

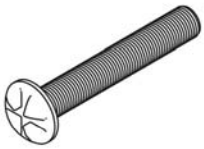


Item 21
M10 x 55mm Bolt
Qty 1



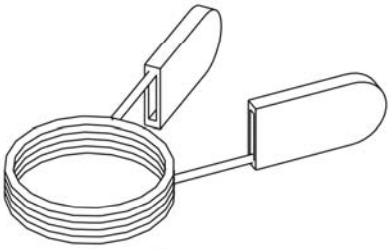
Item 25
M10 x 50mm Bolts
Qty 4

Item 22
M8 x 15mm Bolts
Qty 4



Item 23
M6 x 38mm Bolts
Qty 8

Item 55
M6 x 15mm Bolts
Qty 2



Item 36
Qty 3

Item 53
Qty 2

Item 28
M10 Nylon Locknuts
Qty 12

Item 26
M10 Washers
Qty 18

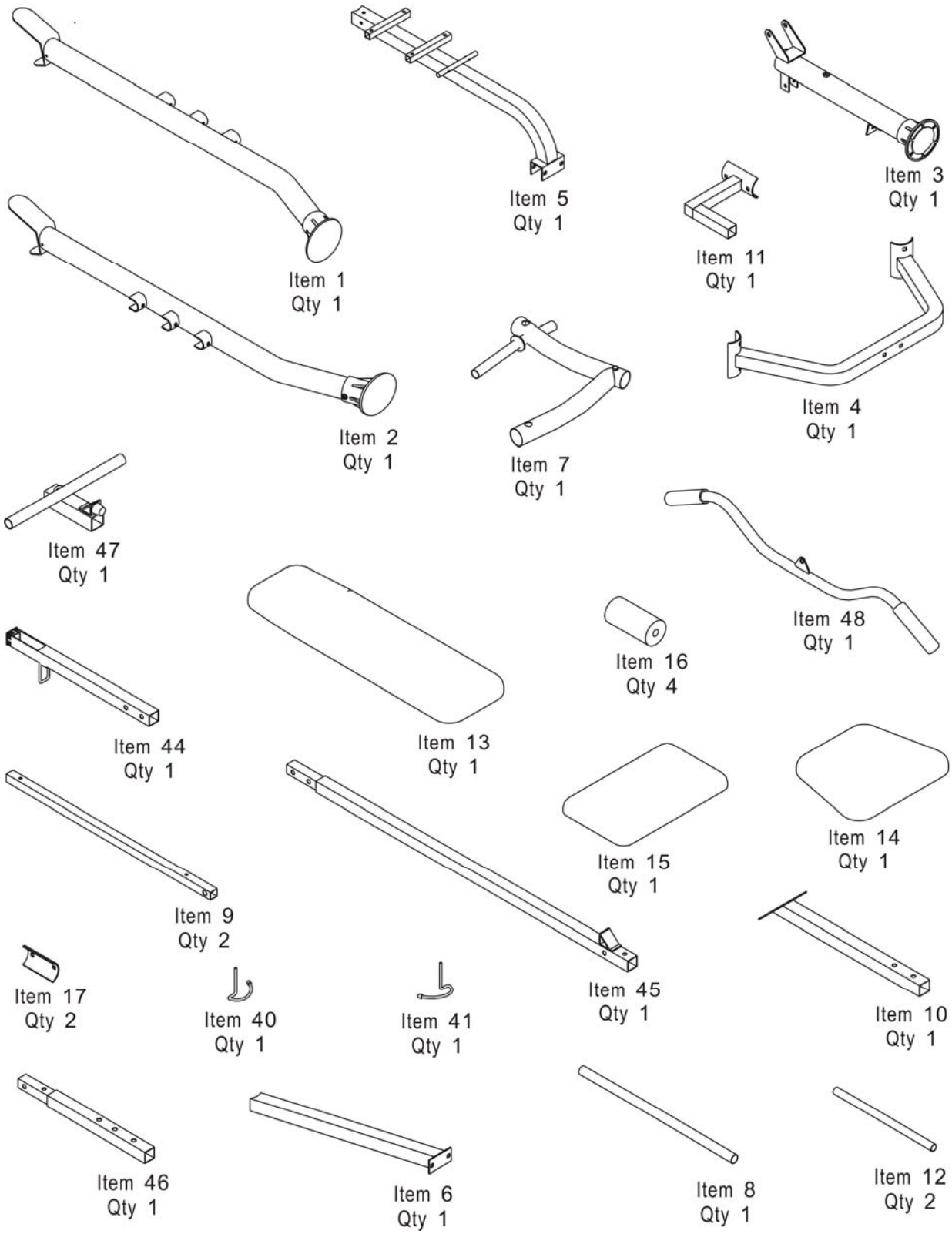
Item 27
M8 Washers
Qty 4

Assembly

ACCESSORY PART LIST

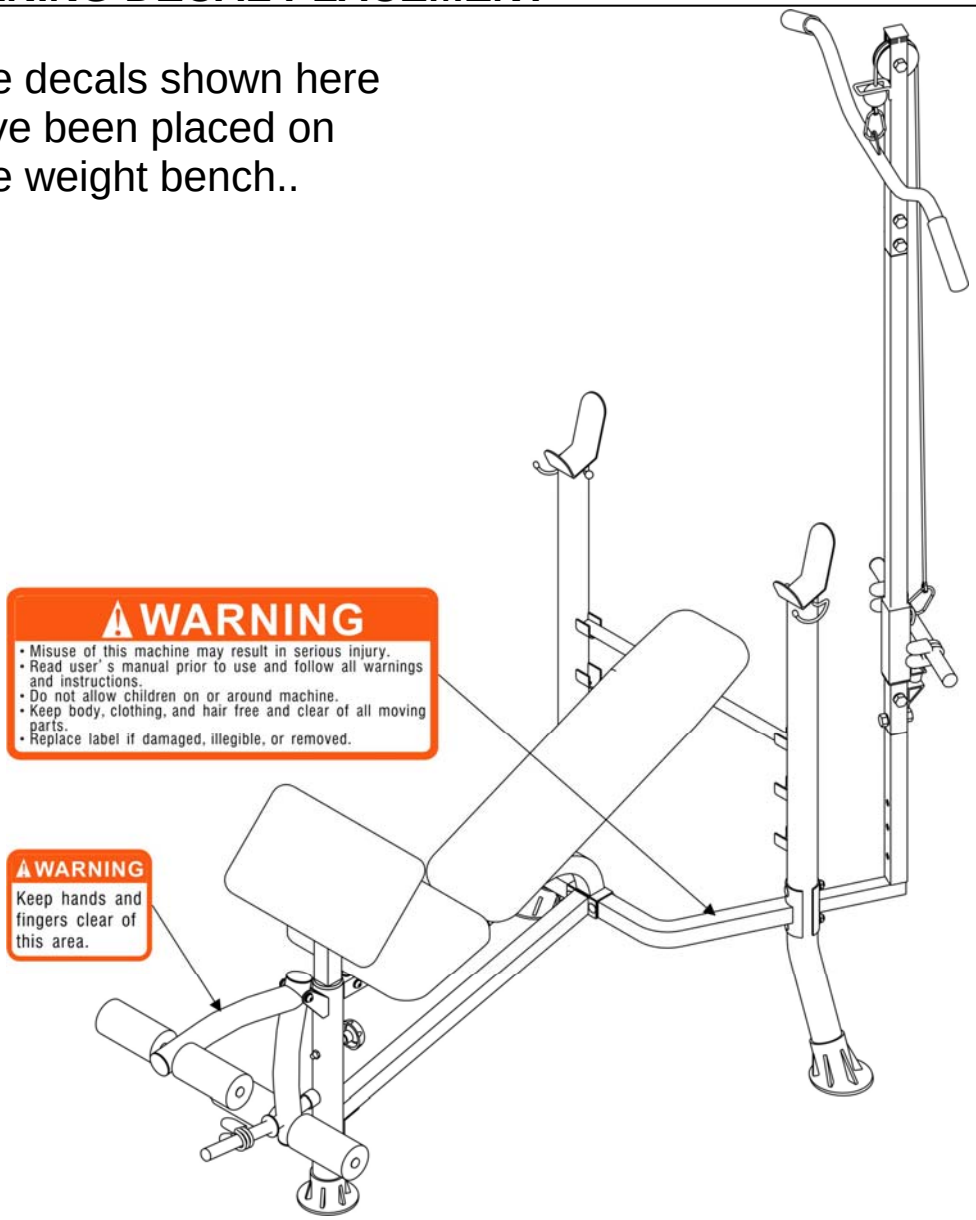
The are all the accessories you will need to complete the assembly of your product.

The following accessories are supplied in a pack and should be checked before attempting assembly.



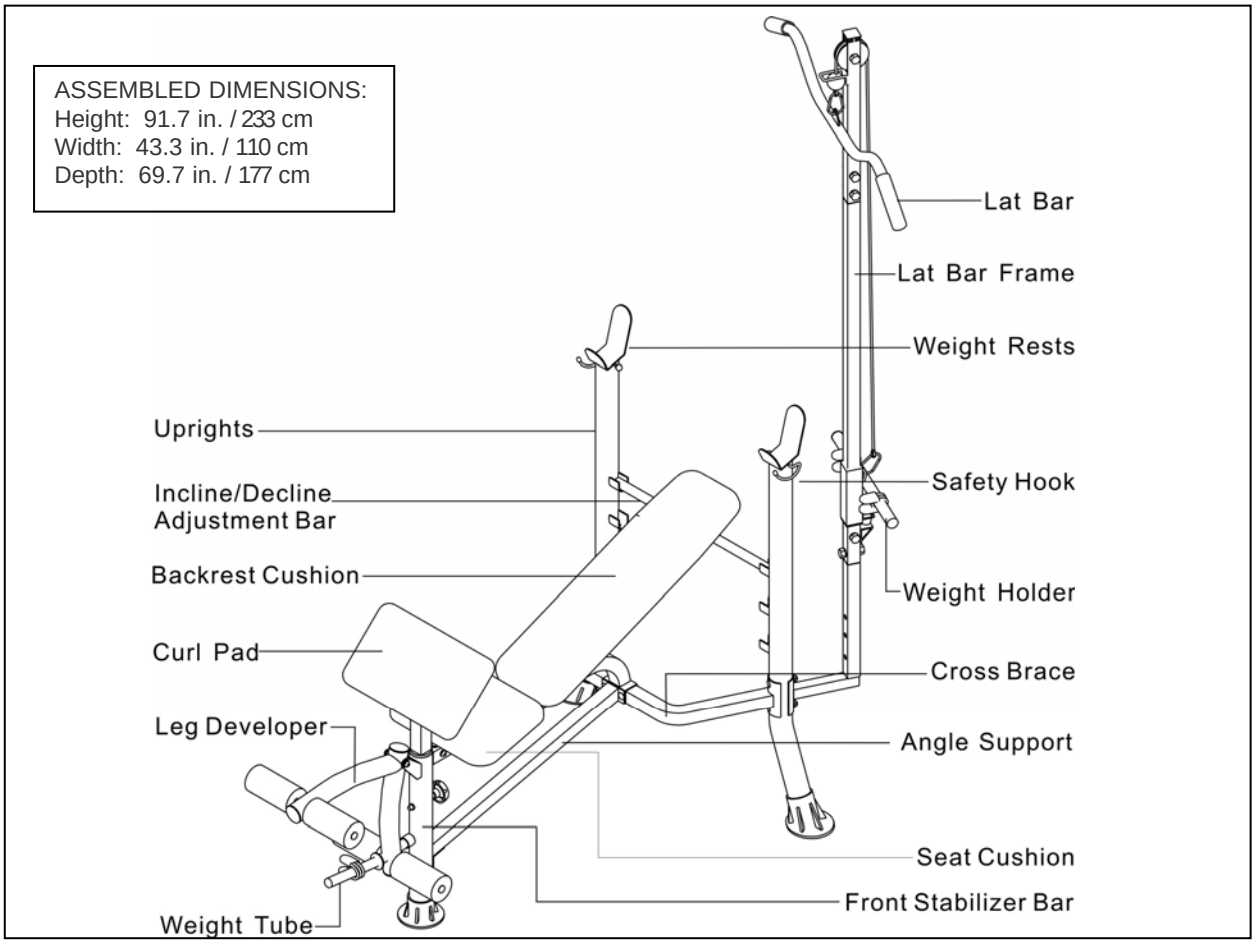
WARNING DECAL PLACEMENT

The decals shown here
have been placed on
The weight bench..


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.
WARNING
Keep hands and fingers clear of this area.

For your benefit, read this manual carefully before using the weight bench.

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



TOOLS NEEDED

Make Things Easier for Yourself

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- For help identifying small parts, see the **PART IDENTIFICATION CHART**.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Grease and the following tools (not included) may be required for assembly:

- **Two adjustable wrenches**

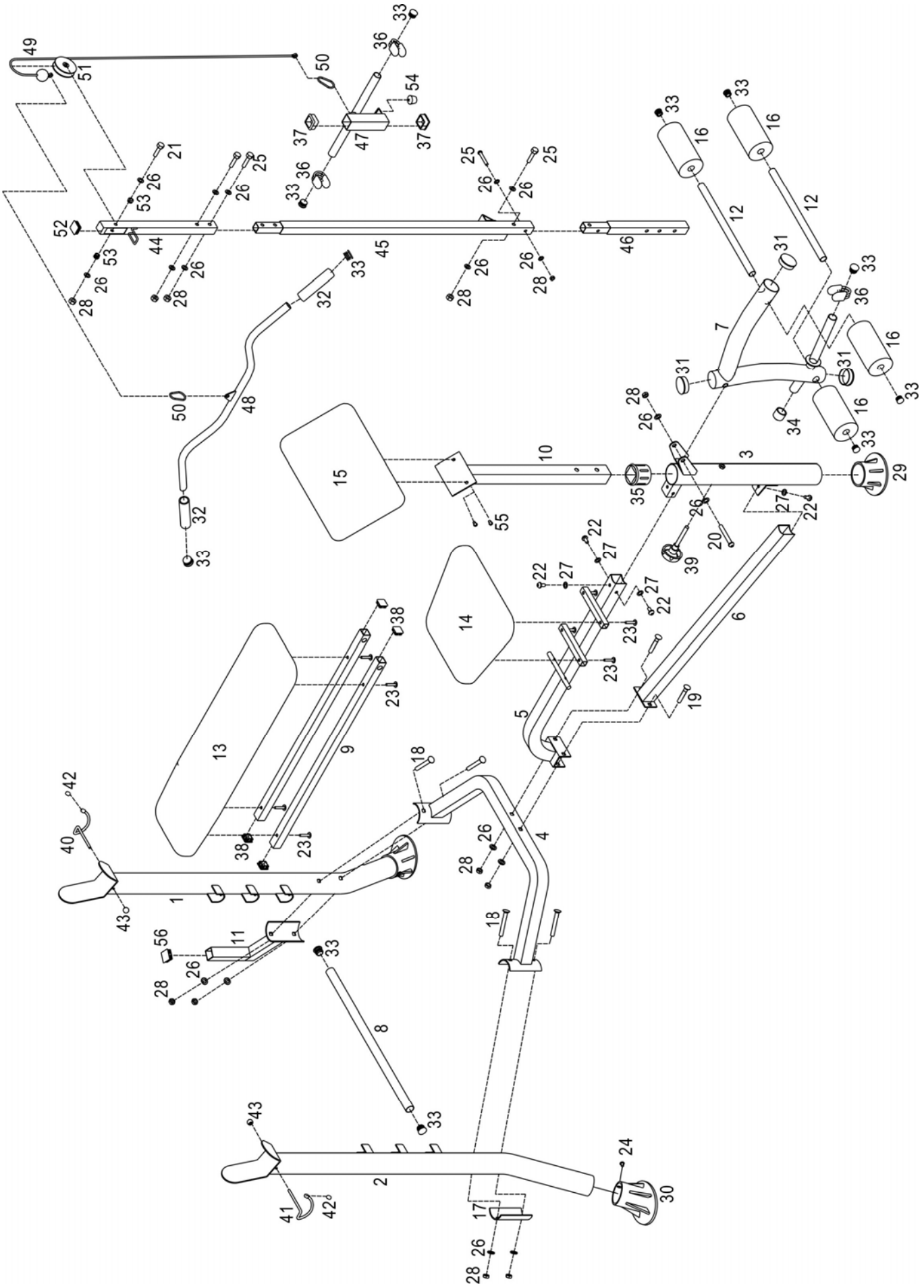
- **One hammer**

- **One standard screwdriver**

- **One Phillips screwdriver**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

EXPLODED VIEW



PARTS LIST

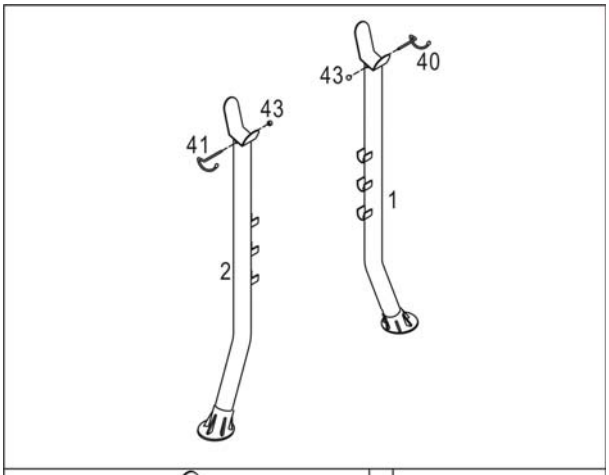
No.	Part No.	Description	Qty.	Pre.-assembled
1	PFM6240W-01	Left Upright	1	No
2	PFM6240W-02	Right Upright	1	No
3	PFM6240W-03	Front Stabilizer Bar	1	No
4	PFM6240W-04	Cross Brace	1	No
5	PFM6240W-05	Main Seat Support	1	No
6	PFM6240W-06	Angle Support	1	No
7	PFM6240W-07	Leg Developer	1	No
8	PFM6240W-08	Incline/Decline Adjustment Bar	1	No
9	PFM6240W-09	Backrest Support Bars	2	No
10	PFM6240W-10	Curl Post	1	No
11	PFM6240W-11	Left Support Plate	1	No
12	PFM6240W-12	Pad Tubes	2	No
13	PFM6240W-13	Backrest	1	No
14	PFM6240W-14	Seat	1	No
15	PFM6240W-15	Curl Pad	1	No
16	PFM6240W-16	Foam Rollers #70*#23*130L	4	No
17	PFM6240W-17	Right Support Plate	1	No
18	PFM6240W-18	M10 x 80mm Carriage Bolts	4	No
19	PFM6240W-19	M10 x 60mm Carriage Bolts	2	No
20	PFM2101-23	M10 x 75mm Bolt	1	No
21	PFM2101-32	M10 x 55mm Bolt	1	No
22	PFM2006-23	M8 x 15mm Bolts	4	No
23	PFM2240-24	M6 x 38mm Bolts	8	No
24	PFM6240W-33	M5 x 15mm Bolts	2	No
25	PFM2230-06	M10 x 50mm Bolts	4	No
26	PRK1-06	M10 Washers	18	No
27	PFM2006-27	M8 Washers	4	No
28	PRK1-05	M10 Nylon Locknuts	12	No

No.	Part No.	Description	Qty.	Pre.-assembled
29	PFM6240W-21	Front Leg End Cap	1	Yes
30	PFM6240W-22	Upright End Caps	2	Yes
31	PFM2004-09	50mm Round Inner Caps	3	Yes
32	PFM2006-18	Foam Paddings	2	Yes
33	PRK1-03	25mm Round Inner Caps	11	Yes
34	PFM2240-19	25mm Round Angled Cap	1	Yes
35	PFM6240W-20	Plastic Bushing	1	Yes
36	PFMS80WA-29	Spring Clips	3	No
37	PFM6240W-23	50 x 38mm Plastic Bushing	2	Yes
38	PFM2240-32	25mm Square Inner Caps	4	Yes
39	PFM6240W-31	Knob Bolt M10 x 55mm	1	No
40	PFM6240W-24	Left Safety Hook	1	No
41	PFM6240W-25	Right Safety Hook	1	No
42	PFM2240-26	Rubber Caps	2	Yes
43	PFM2240-14	M6 Aircraft Nuts	2	No
44	PFM6240W-26	Lat Bar Top Frame	1	No
45	PFM6240W-27	Lat Bar Middle Frame	1	No
46	PFM6240W-28	Lat Bar Bottom Frame	1	No
47	PFM6240W-29	Weight Holder	1	No
48	PFMS80WA-14	Lat Bar	1	No
49	PFM6240W-30	Top Cable	1	No
50	PFM2241-12	Spring Clips	2	No
51	PFMG3008-13	3" Pulley	1	No
52	PRK3B-05	38mm Square Inner Cap	1	Yes
53	PFM4004-23	Bushing #16*#10.5	2	No
54	PFMS80WA-30	Rubber Ring	1	No
55	PFM2240-23	M6 x 15mm Bolts	2	No
56	PFM6240W-32	33.4mm Square Inner Caps	1	Yes
57	#	User Manual		

ASSEMBLY

STEP 1:

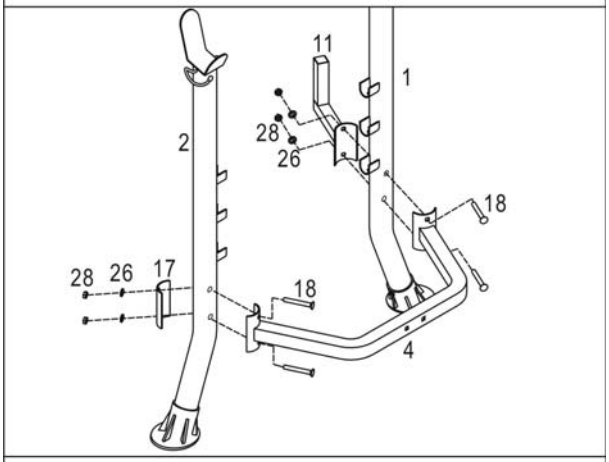
Insert left and right safety hook(40,41) into left and right upright (1,2). Secure their placement by screwing on nuts(43).



STEP 2:

Attach cross brace(4) to right upright(2) using bolts(18) right support plate(17) washers(26) and locknut(28)

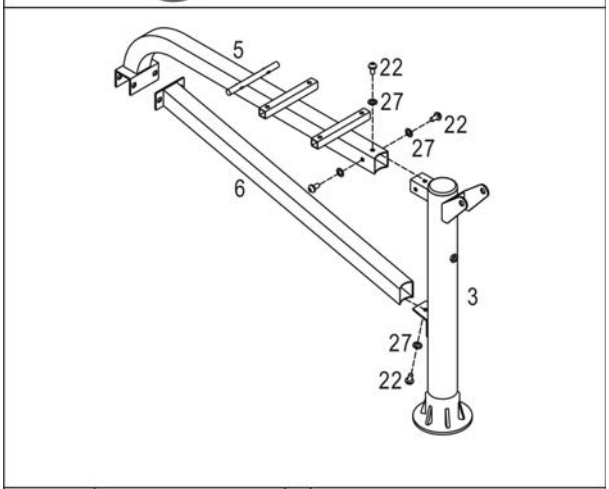
Attach cross brace(4) to left upright(1) using bolts(18) left support plate(11) washers(26) and locknut(28)



STEP 3:

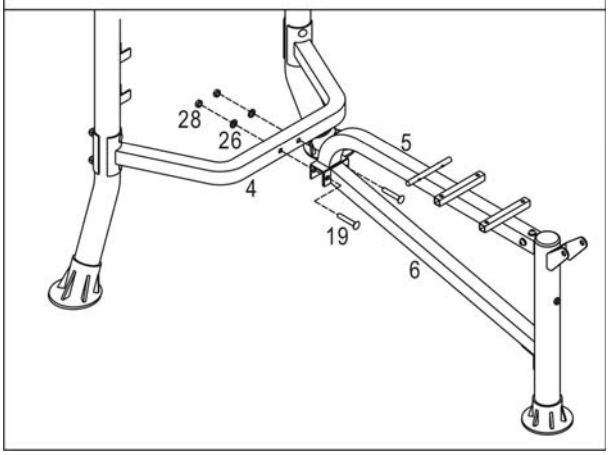
Attach front stabilizer bar(3) to angle support(6) by using bolt(22) and washer(27).

Next, attach mainseat support (5) to front stabalizer bar (3) using bolts(22) and washers(27) to secure.



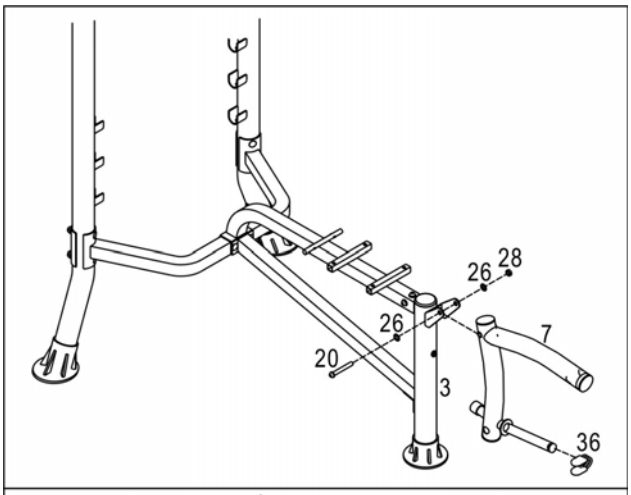
STEP 4:

Align main seat support(5) with angle support (6), as shown, Then place together onto cross brace(4). Secure parts together by inserting carriage bolts(19)through(6)(5)(4), and tighten with washers(26) and nylon locknuts(28).



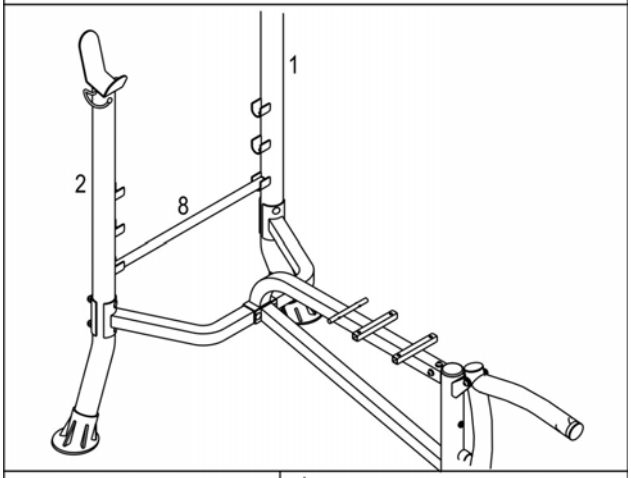
STEP 5:

Attach the leg developer(7) into the brackets located on the front stabilizer bar(3),Fasten together with bolt(20), washers(26) and nylon locknut (28). Complete by placing spring clip(36) on the weight tube.



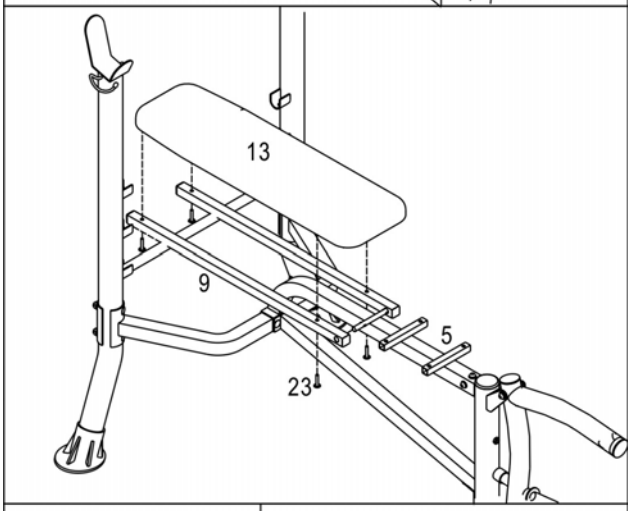
STEP 6:

Place incline/decline adjustment bar(8) between uprights(1,2), as shown.



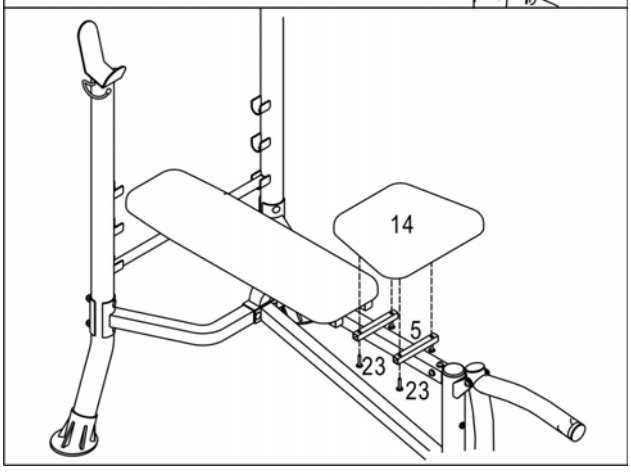
STEP 7:

Attach backrest support bars(9) onto main seat support(5), as shown. Then attach backrest(13) to the support bars(9) by using bolts(23) as shown.



STEP 8:

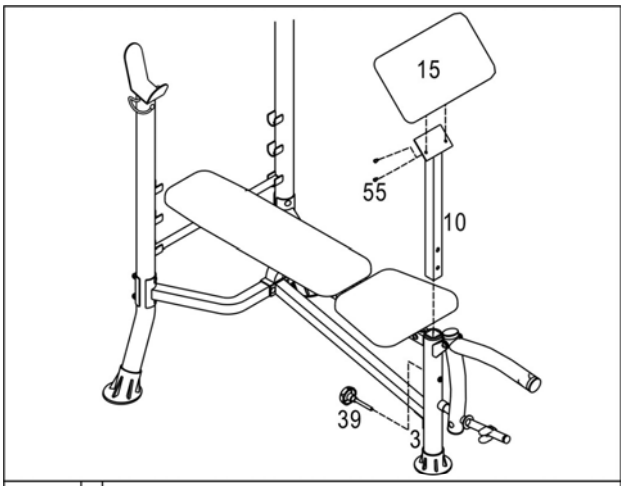
Attach seat(14) to main seat support(5), with bolts(23), as shown.



STEP 9:

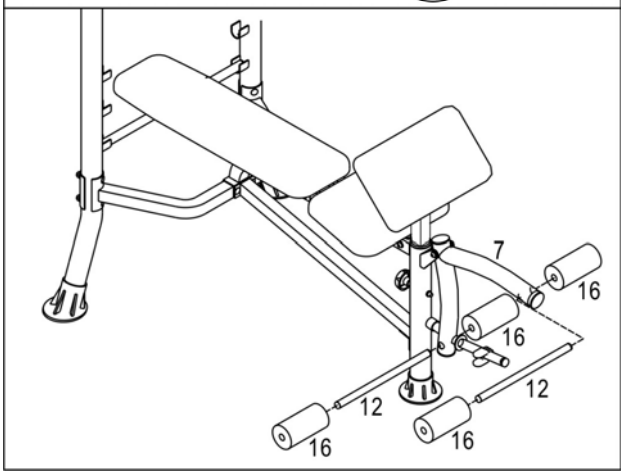
Attach curl pad(15) to curl post(10), by using bolts(55)

Then align and insert entire piece into the opening on the top of the front stabilizer bar(3), secure by using knob bolt(39), as shown.



STEP 10:

Insert pad tubes(12) through leg developer(7), then attach foam rollers(16) to either side, as shown.

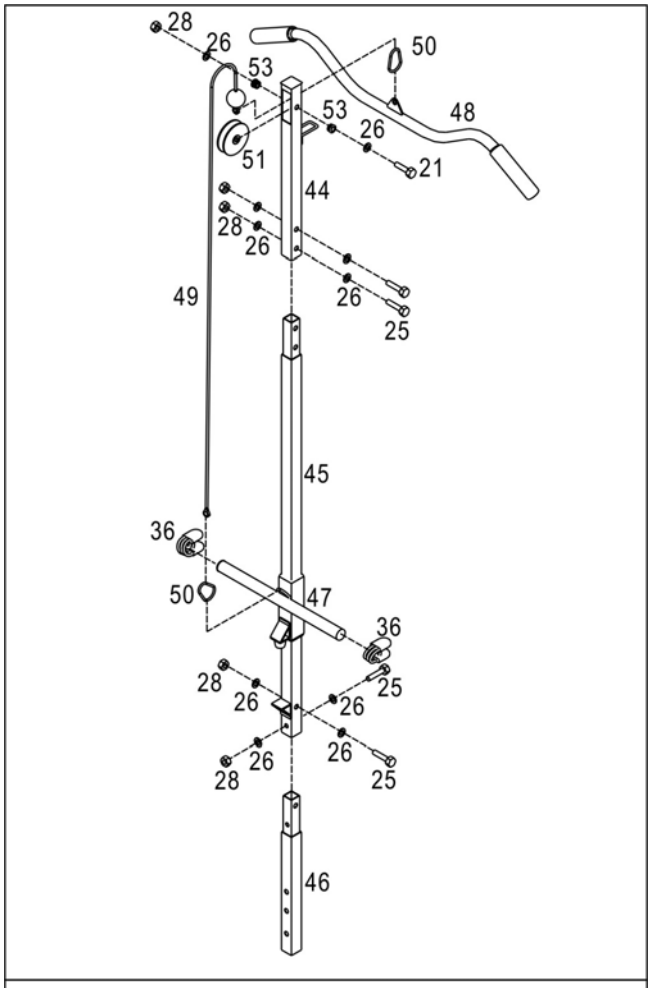


STEP 11:

Attach spring clips(36) onto weight holder. Slide weight holder(47) onto the middle frame(45). Then attach the three piece lat frame together by using bolts(25) washers(26) and locknuts(28).

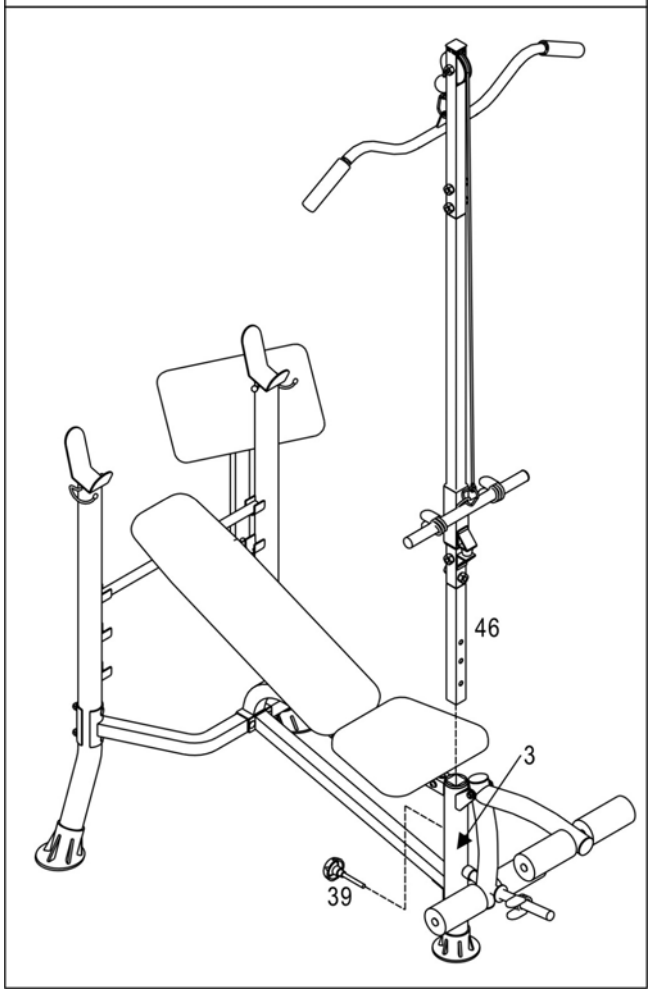
Drag the top cable(49) through the grooves on the pulley wheel(51), as shown. Then place into the spacing located on the lat bar's top frame(44). Secure it's position by using bolt(21), washers(26), bushings(53) and locknut(28).

Once pulley is secure use carabiner clips(50) on either end of the pulley cable to attach: lat bar(48) and weight holder(47) as shown.



STEP 12

Then align and insert entire piece into the opening on the top of the front stablizer bar(3), secure by using knob bolt(39), as shown



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS
Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in
two ways：
• by changing the amount of resistance used
• by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)
The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to20 repetitions as possible without discomfort. Rest for1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:
• Plan strength training workouts on Monday, Wednesday, and Friday.
• Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
•Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise pro- gram. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session. Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle-building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not

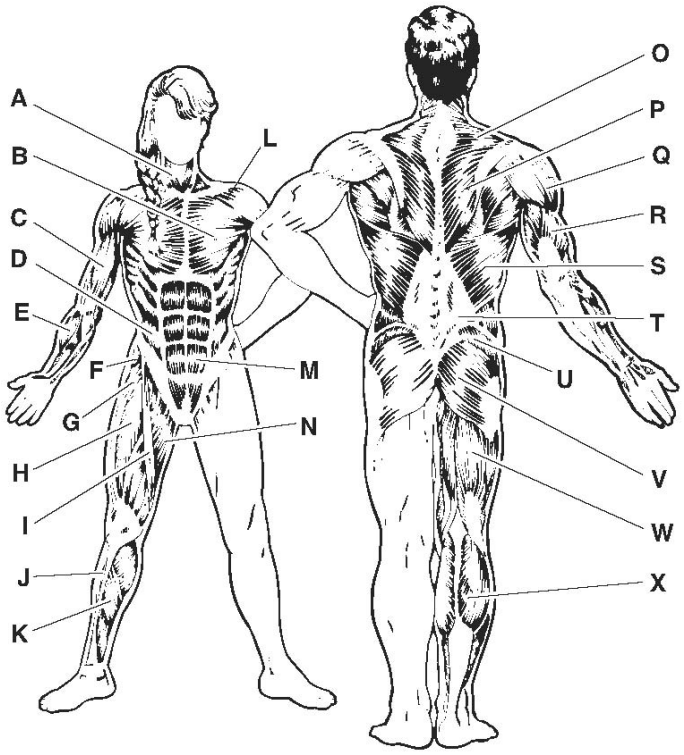
feeling exhausted. See the muscle chart below to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

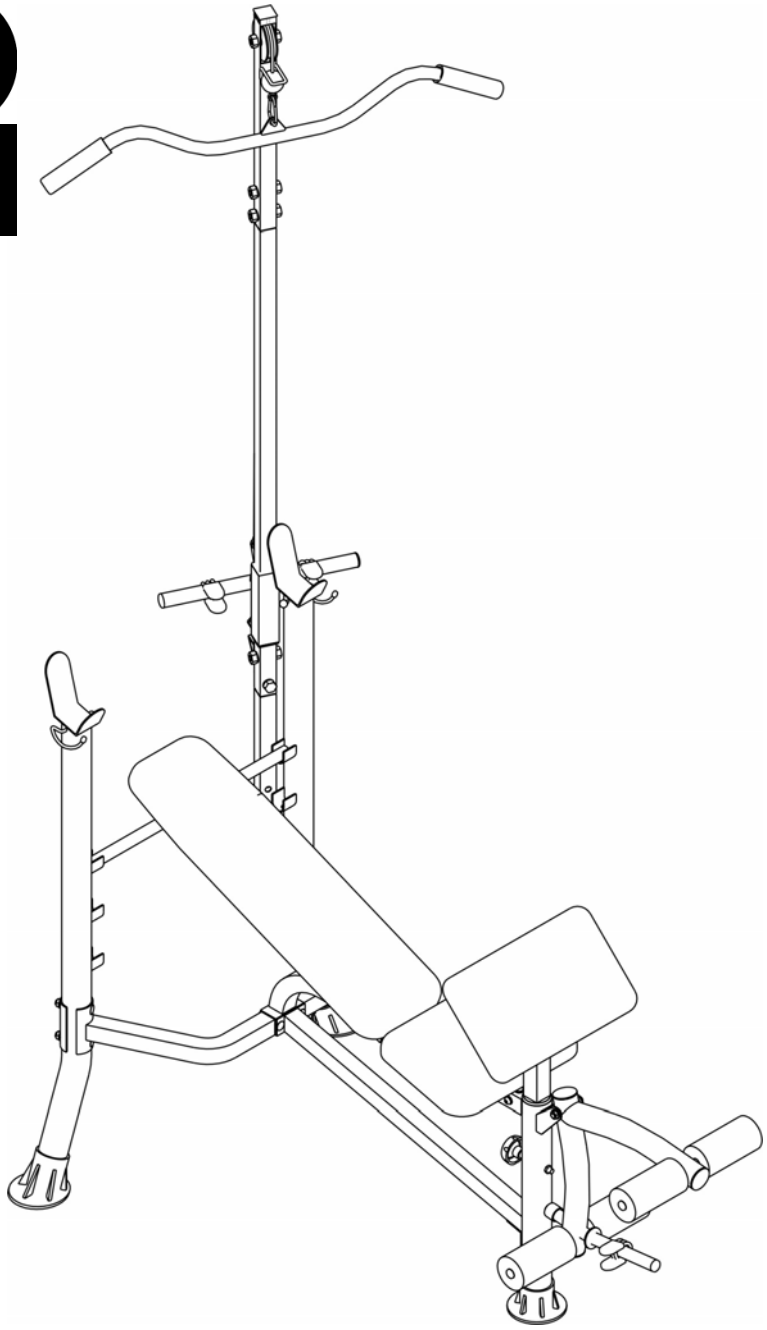
For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

PRO POWER



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